

Reflecting on a Role Model

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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In this exercise,

I'll talk about the importance of having a mindful role model in your life

To help you envision how you want to be

And the qualities of character you want to develop

Who is a person who you look up to

Who you feel is mindful in some way?

Someone who shows non-judgmental awareness,

Even in stressful situations?

They could be a teacher, parent, guidance counselor,

Or someone in your community...

Reflect on the qualities of presence that they have...

How do they make you feel?

Do they judge you?

Are they present for how you show up?

For whatever comes their way?

How is their speech?

How do they talk?

What kind of words do they use?

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Do they smile?

How do they look at you? And others?

How do they hold their posture?

What kind of decisions have they made about their life?

Do you know what their purpose, or mission in life is?

...

And now reflect on how you want to be.

How mindful can you be in daily life, even in tough situations?

Reflect on the qualities of presence that you want to develop...

How would that feel?

Would you judge others?

Are you present for how you show up?

For whatever comes your way?

How is your speech?

How do you talk?

What kind of words do you use?

Do you smile?

How do you look at others?

At yourself?

How do you hold your posture?

What kind of decisions have you made about your life?

Do you know what your purpose, or mission in life is?

...

How does your role model of mindfulness influence you?

...

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Excellent. Well done.

So, to recap:

It's important to have a mindful role model in your life
To help you envision how you want to be
And the qualities of character you want to develop

Who is a person who you look up to
Who you feel is mindful in some way?
Someone who shows non-judgmental awareness,
Even in stressful situations?
They could be a teacher, parent, guidance counselor,
Or someone in your community...

And now reflect on how you want to be.
How mindful can you be in daily life, even in tough situations?

I hope some of this has been useful for you.
Thank you for your mindfulness!

